



## **TEACHING SKILLS PRACTICE - GUIDELINES OUTSIDE LECTURE TIMES**

Teaching Rounds (TRs) are an integral part of your training to be a yoga teacher.

The TRs are practical teaching opportunities where you teach a 10 minute section (as outlined below) to your fellow Teacher Trainees and are supervised by a senior AYA teacher. You will receive valuable feedback that will help you progress in your teaching over the time that you study with us.

AYA are also pleased to be able to offer you the opportunity to practice and develop your teaching skills via digital format, (Zoom). We feel that this form of teaching and practice will remain with us into the future and as such have included this valuable and necessary facet to your training.

TRs form part of your assessments and to your training hours, therefore, you must complete the minimum number.

Teaching and observing TRs may be done either in person or via Zoom. You are encouraged to participate in a combination of both in person and digital TRs.

It is up to you as to when you book these sessions. I recommend that you book your places as soon as you can as the spaces fill up quickly. It is stressful for everyone if you leave this to the last minute.

### **200-hour students**

- Teach two (2) sections over two different dates. You may choose from any of the sections outlined below. You may not teach all three sections on one day.
- Attend and observe at least another 1 TR class over the course of your study to observe and support your fellow classmates.
- You may teach more than this if you like, if there are spaces available.

### **350-hour students**

- Teach five (5) sections over five (5) different dates. You may choose from any of the sections outlined below. You may not teach all five sections on one day.
- Attend and observe at least another five TR classes over the course of your study to observe and support your fellow classmates.



- You may teach more than five times if you like, for example, you could teach 10 times, or teach six times and observe four, etc.

## **SUPERVISING SENIOR TEACHERS**

Melanie Mackintosh	0413 298 132
Beata Heymann	0466 918 428
Wendy Praud	0404 918 511

## **BOOKING A TEACHING SPOT**

To participate as an observer – please do not book a place. Simply arrive on time to practise.

To book a section to teach – I will advise you how to do this at the beginning of your training.

Book only 1 place per session that you attend! Please do not book more than your allocated amount to begin with. If you'd like to book more places, please contact Mel to arrange. This is to ensure that there are adequate places for everyone.

## **ALTERING A BOOKING OR CANCELLING A BOOKING**

If you need to alter or cancel a booking, you may do so, but please try to give us as much notice as possible so we can try and fill your place. If you need to amend or cancel a place, please contact Wendy on the above number or at [wendy@australianyogaacademy.com](mailto:wendy@australianyogaacademy.com). Wendy is our coordinator for the TR program.

## **CATEGORIES & SECTIONS**

The sections you may choose from to teach are split into three categories. You should aim to teach one section from each of the three categories:

### Category 1: VOICE

- Section 1: Intention & Warm Up
- Section 5: Pranayama
- Section 6: Meditation

### Category 2: FLOW

- Section 2: Vinyasa Flow & Standing Sequences.

### Category 3: ASANA

- Section 4: Backbends / Floorwork



- Section 5: Inversions

## WHAT TO TEACH?

The following sections are a guide only. You may teach whatever you like as long as it fits the category. For example, if you have a different meditation or pranayama that you would like to teach, then you may replace it with the suggestion below.

### **SECTION 1 – Intention and Warm Up**

- Cueing Ujjayi breath for entire class.
- Setting of Sankalpa based on one of the Yamas or Niyamas
- Opening chanting of OM (optional)
- Establishing permission / opportunity for declining hands on adjustments.
- Bidhalasana / Up Cat and Down Cat sequence
- Anything else that you feel is important to the beginning of a class.

### **SECTION 2 – Vinyasa Flow and Standing Sequences.**

1 round of Surya Namaskar version only

- May teach more than 1 breath cycle-per-asana
- May teach low / high lunge variation in Anjeyanasana
- May teach Chaturanga Dandasana
- May teach Urdhva Mukha Svanasana / Upward Facing Dog

PLUS CHOOSE 1 OF THE FOLLOWING:

- EXTERNALLY ROTATED SEQUENCE
  - Adho Mukha Svanasana / Down Dog TO Virabhadrasana 2 TO Parsvakonasana / Side Angle Pose  
(Connect with traditional flow sequence to change sides)

OR

- INTERNALLY ROTATED SEQUENCE
  - Adho Mukha Svanasana / Down Dog TO Virabhadrasana 1 TO Parsvottanasana / Pyramid Pose  
(Connect with traditional flow sequence to change sides)



PLUS 1 OF THE FOLLOWING STANDING / BALANCING POSES

- Natarajasana / Dancing Shivas Pose
- Vrksasana / Tree Pose
- Virabhadrasana 3 / Warrior 3
- Garudasana / Eagle Pose

**SECTION 4 – Backbends / Floorwork**

- BACKBENDS (choose 1)
  - Setu Bandhasana / Half Bridge Pose
  - Matsyasana / Fish Pose
  - Shalabhasana / Locust Pose

PLUS

- FLOORWORK (choose 2)
  - Paschimottanasana / Seated Forward Bend
  - Ardha Matsyendrasana / Half Lord of the Fishes Pose
  - Janu Sirsasana / Head to Knee Pose
  - Parvritti Janu Sirsasana / Revolved Head to Knee Pose
  - Gomukhasana / Cow Faced Pose
  - Jathara Parivritasana / Reclining Twist
  - Baddha Konasana / Butterfly Pose

**SECTION 4 – Inversions**

- SHOULDERSTAND SEQUENCE, (As described during the course)
  - Teach a progression from Viparita Karani 'A' through to
  - Viparita Karani 'B' through to
  - Viparita Karani 'C' through to
  - Salambha Sarvangasana (Supported Shoulderstand)
- NEUTRALISING POSE
  - Constructive Resting Pose
- COUNTER POSE (Choose 1)
  - Matsyasana (Fish Pose) OR
  - Bujangasana (Cobra Pose)

**SECTION 5: Pranayama**

CHOOSE 1 OR 2 OF THE FOLLOWING PRANAYAMA TECHNIQUES (10 mins):

- Nadi Sodhana / Alternate Nasal Breathing
- Brahmari / Breath of the Bee
- Sitali / Tongue Curling Breath / Sitkari / Hissing Breath



- Sama Vritti / Equilibrated Breathing
- Box Breathing
- Ujjayi breathing

**SECTION 6 - Meditation**

- Teach a guided 10 minute Yoga Nidra or guided Savasana or other meditation technique. You must lead this section.